



## Frozen Pre-Cooked Meats



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To ensure proper handling, storage and preparation of frozen precooked meats, follow these tips:

### *Buying*

- Select your frozen meats after shopping for non-perishables
- Make sure the packaging is tightly sealed and is very cold to the touch
- Check the "sell-by" date — do not purchase food with an expired "sell-by" date

### *Storing*

- Make sure the freezer temperature is set at or below 0°F
- Defrost frozen meats in the refrigerator or in the microwave — never on the counter
- Defrosted meat should be eaten within 3-4 days

### *Preparing*

- Wash hands thoroughly for 20 seconds before handling food
- Use two separate cutting boards to avoid cross-contamination, one for raw foods and the other for ready-to-eat foods
- Refer to the preparation instructions on the package for proper cooking and storage procedures
- Use a food thermometer to cook to proper temperature
- Don't leave frozen meat un-refrigerated for more than two hours